

**WSTR-HD3
Smyrna, GA**

**LIST OF SIGNIFICANT
ISSUES AND
RESPONSIVE
PROGRAMMING**

**First Quarter
1/1/14 – 3/31/14**

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WSTR-HD3, Smyrna, GA

LIST OF SIGNIFICANT ISSUES AND RESPONSIVE PROGRAMMING

JANUARY 1, 2014 TO MARCH 31, 2014

The following are community issues of concern in the service area of WSTR. Its public affairs programming is rebroadcast on HD Radio multicast Channel WSTR-HD3 on Sundays from 6 a.m. to 7 a.m. The programming on WSTR-HD3 is also carried on Edgewater Broadcasting Inc. translator W233BF, Atlanta. An affidavit of these broadcasts is attached to this report.

Under each heading are descriptions of programs addressing the needs of our listening audience. These issues were obtained through examination of our news reports and an informal survey of community leaders interviewed when they were guests on various programs.

There are two primary ways that WSTR-HD3 addresses these issues: *InfoStar* (half-hour long Sunday morning interview program) and *InfoTrak* (half-hour syndicated program).

GOVERNMENT POLICIES & COMMUNITY IMPROVEMENT

SEGMENT: "Recognizing Atlanta's Lost Civil War History"

DATE: 1/5/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Vanessa Olivarez and Elizabeth Elkins, musical group *Granville Automatic*

CONTENT: Olivarez and Elkins sing songs about lost Civil War battle sites, like the one that took place in Atlanta. The center of it took place on what is now the Edgewood Retail District, yet no marker exists observing the event or the lives lost on both sides. Elkins listed all the landmarks in the area that are now under concrete, asphalt, strip malls, barbeque joints and liquor stores. While their goal is to improve recognition of the sites, they hope their music will raise awareness in the meantime.

SEGMENT: "Mandating Background Checks on Daycare Workers"

DATE: 1/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Bobby Cagle, Commissioner, Georgia Dept. of Early Care & Learning

CONTENT: Cagle explained that new state law requires all workers at daycares and child care facilities to get fingerprint background checks that will be forwarded to a federal database. Previous state law only covered owners and operators of child care centers. The process of checking 60,000 workers will be phased in over three years with renewal every five years. Cagle believed the law will prevent people with criminal backgrounds from getting jobs at large and small daycare centers. He advised parents to ask their child's daycare directors whether there are plans to quickly implement the background checks and seek another facility if they plan to wait out the three-year period.

SEGMENT: "The Need to Make Legal Aid Available to All Americans"

DATE: 1/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Sheldon Krantz, Visiting Professor of Law at the University of Maryland Carey School of Law, author of *The Legal Profession: What Is Wrong and How to Fix It*

CONTENT: Krantz said legal services should be available to every American, whether they can afford it or not. He said attorneys do not provide nearly enough pro bono services. He said many of today's law students would be willing to work in the public interest, but are often mired down in student debt. He would like to see loan forgiveness programs or other new initiatives that would enable young lawyers to help lower-income litigants.

SEGMENT: "Why We Are Losing the War Against Drugs"

DATE: 3/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Stephen Downing, retired Deputy Chief of the LAPD, board member of the nonprofit organization Law Enforcement Against Prohibition

CONTENT: Downing explained why he believes that the war on drugs has failed. He said that his on-the-job experience demonstrated the futility of trying to enforce current drug laws. He discussed the many negative consequences of the war on drugs, particularly on children. His organization believes that drugs should be legalized, controlled and taxed.

CHILDREN, YOUTH & PARENTAL ISSUES

SEGMENT: "How to Raise Academic Achievers"

DATE: 1/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 11 Minutes

SOURCE: Marlene Targ Brill, childhood development and education expert and author of *Raising Smart Kids for Dummies*

CONTENT: Brill talked about simple steps that parents can take to raise well-rounded kids and help them to become academic achievers.

SEGMENT: "Why Parents Shouldn't Trust Video Game Ratings"

DATE: 1/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCES: Kimberly Thompson, Creator and Director, Kids Risk Project at Harvard University and Kevin Haninger, a doctoral student at Harvard

CONTENT: Thompson and Haninger discussed their study that found that 48 percent of video games rated for teenagers have more sex, violence, substance abuse and gambling than is described on the game box. They gave tips for concerned parents on how to make sure the game their teen is buying is within the boundaries parents set.

SEGMENT: "Recognizing & Preventing Teen Dating Violence"

DATE: 2/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Sherry Boston, DeKalb County Solicitor General

CONTENT: A 2012 study by the CDC ranked Georgia first in the nation in teen dating violence. Boston said more than 100 teens and young adults in Georgia died in 2010 due to intimate partner violence. One in three teens in the state have experienced it. Boston explained that teen dating violence includes mental, physical, digital and stalking. She said young people don't recognize the warning signs because they're new to the dating world. Boston urged parents to watch for their kids withdrawing from friends and submitting to the control of their partner. She also suggested they carefully monitor their children's social media accounts for these clues. Boston cited a shocking survey that found 81% of parents don't feel teen dating violence is a relevant issue.

SEGMENT: "Understanding the Changing Brains of Teenagers"

DATE: 2/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 10 Minutes

SOURCE: Dr. Daniel J. Siegel, Clinical Professor of Psychiatry at the UCLA School of Medicine, author of *Brainstorm: The Power and Purpose of the Teenage Brain*

CONTENT: Dr. Siegel said that between the ages of 12 and 24, the brain changes in dramatic and important ways. He believes this brain development is the explanation for sometimes erratic, unusual and creative behavior in teens. He said that if parents understand the science behind these changes, they can better help their teenagers navigate this challenging phase of life.

SEGMENT: "Rehabilitating the Lives of Georgia Teens Stuck in the Foster System"

DATE: 2/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCE: Sam Bracken, co-founder of the Orange Duffel Bag Initiative and co-author, *My Orange Duffel Bag: A Journey to Radical Change*

CONTENT: Bracken says up to 17,000 Georgia teenagers are in the state's foster care system, but less than 20% graduate from high school or earn a GED. Many go from foster family to foster family or wind up in group homes and often find themselves forced out of the system by age 18. Drugs and jail incarceration sometimes follows. Bracken, a former homeless teen himself, has started an after-school coaching program that help at-risk foster teens rehabilitate their lives so they earn a high school diploma, advance to college and become self-reliant into adulthood. In the end, they are awarded an orange duffel bag and laptop computer. Bracken advised foster teens to surround themselves with good role models to gain confidence in achieving life goals.

SEGMENT: "Child Abuse: A Child's First Year of Life is Most Dangerous"

DATE: 2/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. John M. Leventhal, Professor of Pediatrics and Medical Director of the Child Abuse and Child Abuse Prevention Program at Yale Medical School

CONTENT: Dr. Leventhal has dedicated his career to the prevention of child abuse. He recently conducted a study that found that the first year of life is the most dangerous for children. He said that parents from any income, educational or social level can be the perpetrators of abuse, largely because they are unprepared to deal with infants' crying. He believes that educational programs for new parents could help reverse the trend.

SEGMENT: "Are Your Pre-Schoolers Getting Enough Exercise at Daycare?"

DATE: 3/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Dr. Kristen Copeland, Assistant Professor of Pediatrics at Cincinnati Children's Hospital Medical Center

CONTENT: 75% of young children in the US are in some form of pre-school or daycare outside the home. Dr. Copeland conducted a study that found that most children in day care get far too little exercise. She explained the reasons behind this trend and why parents should be concerned. She outlined the types of questions parents should ask when they are looking for a pre-school or daycare center.

SEGMENT: "Shy Toddlers Understand"

DATE: 3/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Ashley Smith Watts, Researcher, University of Colorado

CONTENT: Shy toddlers may not speak as much, and some research has indicated they were not developing language as fast as more outgoing kids. However, Watts said shy kids may know more than they're saying. She bases this on data on 816 kids. She explained that children who were inhibited in their behavior tend to speak less, but understand what is being said as well as their less-shy peers. Watts said helping the kids feel confident about talking, and social activity like more play dates, might help shy toddlers break the language ice.

EMPLOYMENT, CAREER & JOB MATTERS

SEGMENT: "Career Change: Why It's the New Norm and How You Can Accomplish It"

DATE: 1/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Phil Gaddis, President, Executive Search at the Addison Group, a Chicago-based provider of professional staffing and search services

CONTENT: Recent statistics show that the average American changes careers seven times. Gaddis explained why the turnover has increased so rapidly in recent decades, and offered advice for people who are considering a career change.

SEGMENT: "Resolving the Complex Issue of Unemployment"

DATE: 1/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Scott Bittle, Senior Fellow and Founding Editor of PublicAgenda.org, author of *Where Did the Jobs Go And How Do We Get Them Back?*

CONTENT: The subject of unemployment remains the public's top concern in polls and is continually marked as the most damaging result of the Great Recession. Bittle explained why the issue is so complex and why the nation needs to take a long-term approach to resolving it. He also analyzed various solutions proposed by each side of the political spectrum.

SEGMENT: "Smart Use of Social Media in Your Job Search"

DATE: 3/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 15 Minutes

SOURCE: Miriam Salpeter, owner of Keppic Careers, a social-media-focused career coaching and consulting company based in Atlanta, author of *Social Networking for Career Success*

CONTENT: Salpeter says 94% of employers use or plan to use social networks as part of their hiring process. Some employers use social-media tools to locate candidates worth calling in for interviews, and others use them to weed out applicants who seem unprofessional or otherwise problematic. Salpeter advised job-seekers to review their Facebook and Twitter accounts and remove any photos that could be judged as inappropriate and any posts that complain, give political commentary or could be viewed as insensitive, confidential or argumentative. She offered advice on removing photos and posts effectively and how to use social media - especially LinkedIn - to the job seeker's advantage.

SEGMENT: "The Most Secure Jobs in Hard Economic Times"

DATE: 3/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Laurence Shatkin, career information expert, author of numerous books on choosing a career, including *150 Best Jobs for a Secure Future*

CONTENT: Dr. Shatkin shared his research into the most secure jobs during hard economic times. He ranked occupations by pay, growth prospects, and number of potential openings, along with the amount of education or training required. He offered advice for young people who are considering their career options and for older workers thinking about a mid-life career change.

SEGMENT: "Georgia's Accidental Entrepreneur"

DATE: 3/30/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 18 Minutes

SOURCE: Chris Watts, Headlight Renew Doctor, Ringgold, GA

CONTENT: Watts detailed how he went from food stamps in 2007 to founding a successful company that cleans cloudy or yellowing headlights. He found the opportunity quite by accident. After his auto painting business failed, a used car dealer called him about restoring the headlights. Even though he knew nothing of the process, he became a quick study and with added confidence, forged ahead and grew the company four times over. Watts said that despite the recession, he believes the time is ripe for start-up businesses that will fill a need. He advised would-be entrepreneurs to pursue their ideas, apply for a conditional patent, build a prototype and sell it locally. Watts recommended against borrowing money or cashing in a retirement fund. Instead, he said the better route is to take some of the early profits and put it back into developing the product.

SEGMENT: "How Social Media Can Move Your Job Search Forward"

DATE: 3/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Michelle A. Riklan, employment and career expert, co-author of *101 Great Ways to Compete in Today's Job Market*

CONTENT: Riklan offered marketing ideas for people either looking for a job or hoping to move their careers forward. She explained the critical importance of social media in today's job market and offered tips to optimize a LinkedIn page. She said even people who are secure in their current jobs should be prepared to immediately take advantage of an opportunity at a better job.

CRIME

SEGMENT: "What Police Officers Go Through After a Shooting"

DATE: 1/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Lance LoRusso, Atlanta attorney, former law enforcement officer, author of *When Cops Kill: The Aftermath of a Critical Incident*

CONTENT: LoRusso said police officers are well-trained on when and how to use their weapons, but are ill-prepared for what to do in the aftermath. He explained how the investigation of a police shooting differs significantly from one involving a civilian. He estimated that 75% of officers involved in a deadly force incident are the target of a civil lawsuit, whether the shooting was justified or not.

SEGMENT: "How Crime Statistics Can Be Manipulated"

DATE: 3/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. John A. Eterno, Ph.D., Professor of Criminal Justice at Molloy College, co-author of *The Crime Numbers Game: Management by Manipulation*

CONTENT: Dr. Eterno conducted the first scientific examination of crime statistics manipulation in the New York City Police Department. He explained how increasing pressure to show decreasing crime rates by any means necessary has affected police departments throughout the United States. He discussed how this affects crime victims and explained what citizens can do, to ensure that their local police department is reporting crime statistics in an honest manner.

EDUCATION

SEGMENT: "Is Zero Tolerance the Answer?"

DATE: 1/12/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Jonathan T. Jefferson, school administrator, author of *Mugamore: Succeeding without Labels - Lessons for Educators*

CONTENT: Dr. Jefferson said he believes that today's education system needs to change the way it handles problem students. He said zero tolerance policies and the application of labels to students who have behavioral or learning disorders causes many of them to be left behind. He believes that schools personnel need to exercise more patience with immature students to give them time to grow into productive students.

SEGMENT: "Why Georgia 8th Graders Must Now Choose a Career Pathway"

DATE: 1/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Matt Cardoza, Georgia Department of Education

CONTENT: The General Assembly voted in 2011 to allow the Department of Education to implement the career pathways program. Cardoza explained the career clusters framework will allow 8th grade students to choose one of 17 career pathways based on what they'd like to study in college. The pathways range from business management and administration to world languages and are based on a set of core curriculum and electives. Cardoza said the career pathways will keep students engaged and on the road to graduation. He said many students drop out of school because they can't connect classroom experiences to practical applications.

SEGMENT: "The Tougher Course Requirements to Qualify for HOPE Scholarships"

DATE: 1/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 5 Minutes

SOURCE: Tracy Ireland, President, Georgia Student Finance Commission

CONTENT: It has become increasingly harder to qualify for Georgia's lottery funded, merit-based college financial aid program. Ireland said the latest change requires students to take rigorous courses to qualify for both the HOPE and the Zell Miller scholarships. Rigorous courses, according to the state, include advanced high school courses such as calculus, Advanced Placement, International Baccalaureate or dual enrollment college courses. Beginning next year, the class of 2015 will have to have earned at least two full credits from the state rigorous course list to qualify for HOPE. The class of 2016 will have to complete three rigorous course credits, and the class of 2017 and all subsequent graduating classes will have to complete at least four course credits from the rigor list.

SEGMENT: "How Parents Can Help Prevent Teacher Burnout"

DATE: 1/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dara Feldman, Director of Educational Initiatives for The Virtues Project, author of *The Heart of Education*

CONTENT: Feldman noted that 50 percent of new teachers get burned out in their first five years on the job and end up leaving the profession. She explained why this is such a costly problem and how it damages our nation's education system. She offered suggestions for concerned parents who would like to help and encourage stressed-out teachers.

SEGMENT: "Do Kids Really Understand the First Amendment?"

DATE: 2/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Kenneth Dautrich, Associate Professor of Public Policy, University of Connecticut

CONTENT: Dr. Dautrich recently conducted a survey of students to learn their attitudes toward the First Amendment. He found that schools are spending more class time on the First Amendment, but a sizeable number of students either do not view the First Amendment favorably or take its protections for granted.

SEGMENT: "Are Kids Being Assigned Too Much Homework?"

DATE: 3/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Alfie Kohn, author, *The Homework Myth: Why Our Kids Get Too Much of a Bad Thing*

CONTENT: Kohn shared results of a study that found that more homework is being assigned to younger students each school year. He believes that homework provides no benefits in elementary school. He explained why homework is still so widely accepted, despite evidence against it.

CONSUMER ISSUES

SEGMENT: "Why More Consumers Prefer Upstart Companies Over Traditional Brands"

DATE: 2/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 8 Minutes

SOURCE: Chris Malone, Managing Partner of Fidelum Partners, author of *THE HUMAN BRAND: How We Relate to People, Products and Companies*

CONTENT: Malone explained why upstart businesses have surged in popularity while many traditionally dominant companies and brands have been falling behind. He outlined the reasons that social media has become such a valuable tool for both consumers and the companies they do business with. He said business schools fail to teach students how to nurture relationships with customers, causing much less loyalty to brands and products.

SEGMENT: "Bottled Water: Is It Really Worth It?"

DATE: 2/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Janet Larson, Director of Research, the Earth Policy Institute

CONTENT: The US is the world's largest consumer of bottled water. Larson talked about the huge environmental impact of bottled water, both in its manufacture and disposal. She also explained how consumers can wisely decide whether to use bottled water.

SEGMENT: "Why More Americans are Turning to Payday Lenders"

DATE: 2/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 11 Minutes

SOURCE: Dr. Lisa J. Servon, Professor and former dean at the Milano School of International Affairs, Management, and Urban Policy at The New School in New York

CONTENT: Alternative financial providers such as check cashers and payday lenders are often accused of preying on the poor, with high fees and interest rates. Dr. Servon conducted a study that examined why many lower income residents make the conscious decision to use these services, rather than traditional banks. She was surprised to find that the choice actually makes sense for many people who live paycheck to paycheck.

SEGMENT: "How the Rental Boom is Busting America's Wallets"

DATE: 2/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 6 Minutes

SOURCE: Dan McCue, Research Manager, Joint Center for Housing Studies of Harvard University

CONTENT: The cost of renting an apartment or house has jumped in the past decade, according to a study led by McCue. A 6% rise in prices, combined with the drop in renter incomes, has made affordability a major concern. Much of the jump in prices is because of increased demand for rental homes as a result of the mortgage crisis. He said a quarter of all U.S. households are paying more than half of their income for housing, which is dangerously high.

SEGMENT: "How the Great Recession Has Changed Retirement Planning"

DATE: 2/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Erin Botsford, financial planning expert, author of *The Big Retirement Risk: Running out of Money Before You Run Out of Time*

CONTENT: For many baby boomers, the recession didn't wipe out their nest egg completely, but it did shrink it considerably. Ms. Botsford discussed the turbulence in today's economy and how it has changed retirement planning. She explained how people approaching their golden years can assess their financial needs and take steps to ensure a sound retirement.

SEGMENT: "Cellphones: The New Shopping Tool"

DATE: 2/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Aaron W. Smith, Senior Research Specialist with Pew Research Center's Internet & American Life Project

CONTENT: Smith surveyed 1,000 US adults and found that more half of consumers used cell phones in stores during the holidays. He outlined the most common ways that consumers use their phones as shopping tools. He also explained how brick-and-mortar stores may react to the trend by changing policies, products and prices.

SEGMENT: "Reality Check on Taking Care of Your Car"

DATE: 3/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Phil Reed, Senior Consumer Advice Editor at Edmunds.com

CONTENT: Today's cars no longer need to have their oil changed every 3,000 miles. Mr. Reed talked about design improvements in recent years, and how drivers can decide when it really is time for an oil change. He talked about the positive effects of this rapidly advancing technology for both the environment and consumers' pocketbooks.

SEGMENT: "What Financial Information to Shred"

DATE: 3/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 14 Minutes

SOURCE: Fred Elsberry, President, Atlanta Better Business Bureau

CONTENT: Elsberry listed the types of receipts, bills, statements and financial information that people should keep and what they should shred to prevent identity theft. He also offered advice to guard against online ID theft, including avoiding phishing schemes, 'lazy' passwords and using open Wi-Fi Internet connections to transmit sensitive information.

SEGMENT: "How Others Are Sweeping Up Your Personal Data"

DATE: 3/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 6 Minutes

SOURCE: Julie Angwin, author of *Dragnet Nation: A Quest for Privacy, Security and Freedom in a World of Relentless Surveillance*

CONTENT: Angwin explained why Americans should be concerned about the rapidly increasing ways that the government, private companies, and even criminals use technology to indiscriminately sweep up vast amounts of our personal data. She outlined tools that people can use to reduce their digital footprint. She also talked about possible reforms that could be implemented to slow the erosion of privacy rights.

SAFETY

SEGMENT: "Crackdown on Texting While Driving"

DATE: 1/5/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 10 Minutes

SOURCE: Corporal Jake Smith, Gwinnett County Police Department

CONTENT: Gwinnett County is responsible for more than half of the convictions for violations of state law that bans texting while driving. By September 1st, there had been 3,062 convictions since the law was enacted on July 1, 2010, according to the Department of Driver Services. Gwinnett accounts for 1,822 of those. Corp. Smith said most of the texting while driving tickets were written by motorcycle officers who have a unique vantage point. It's easier for them to see down into vehicles from atop a motorcycle. Also, many people don't immediately notice the person on the motorcycle next to them is a police officer. Smith also explained that Gwinnett interprets state law broadly to include emailing and using web-based navigation on the phone.

SEGMENT: "What To Tell Your Child About Safety During School Shootings"

DATE: 1/5/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 6 Minutes

SOURCE: Dr. Ken Druck, psychologist and founder of the Families Helping Families program, adviser to families at Columbine and Santana High Schools

CONTENT: Dr. Druck talked about the ongoing epidemic of school shootings and other violence, and its possible causes. He also discussed the safety issues every parent needs to discuss with their children and how to do it.

SEGMENT: "Keeping Your Daughter Safe When She Goes Away to College"

DATE: 1/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 14 Minutes

SOURCE: Pat Brown, Criminal Profiler, author of *How to Keep Your Daughters Safe*

CONTENT: Brown said colleges foster an environment that's easy for sexual predators to prey on victims, especially if they're walking back to their apartment or dorm from a late night of studying at the library. She encouraged parents to educate their daughters about the kinds of behavior that attract attackers but she cautioned against taking martial arts classes, that can give a young woman a false sense of security. Brown blames the rising rate of date rape to girls binge drinking. She advised young women seeking to get rid of a "creepy" boyfriend to put on her acting skills and act like she's not interested. And when it comes to stalkers, Brown said women need to be firm and say "go away."

SEGMENT: "Severe Weather Awareness"

DATES: 2/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 14 Minutes

SOURCES: Ken Davis, Georgia Emergency Management Agency

CONTENT: How the State of Georgia is asking residents to prepare in the event of the threat of severe weather. Davis addressed how families should prepare with a disaster plan and prepare a 'disaster kit.' He also reviewed the definitions for various severe weather warnings and how to get a programmable severe weather radio for use at home. Davis also urged listeners to download a free 'Ready Georgia' app available for Apple and Android devices. It helps users devise a family disaster plan and offers real time weather information.

SEGMENT: "What to Pack in Your Car Ahead of a Snow Emergency"

DATES: 2/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 15 Minutes

SOURCES: Joanne Newton, Automotive Expert, AAA South

CONTENT: Thousands in Metro Atlanta found themselves stranded for as long as 18 hours in their vehicles due to the 'Snowjam' storm. Newton advised against rushing into traffic in a weather emergency and staying in a safe place. If in traffic, she said obey lights and stop signs at intersections. Ignoring them blocked intersections and only compounded the gridlock during Atlanta's storm. Newton recommended packing extra prescriptions, flashlight and extra batteries, water and snacks, plastic cups for drinks and bathroom emergencies, jumper cables, hand wipes and toiletries, pillows and blankets and car cellphone charger.

SEGMENT: "How Social Media Played a Huge Role in Communication During Snowjam"

DATES: 2/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 7 Minutes

SOURCES: Michelle Sollicito, creator of 'SnowedOutAtlanta' Facebook page

CONTENT: People used the Sollicito's Facebook group to post their locations, asking for help for themselves or their loved ones. The most tragic stories involved diabetics, the elderly, and families with young children, especially infants. Some people couldn't even get in touch with their families. Aside from calls for help, offers of assistance also were publicized by media. People with large vehicles were posting their contact information to retrieve those stranded or bring supplies. Members also opened up their homes for shelter.

SEGMENT: "The New Guidelines for Carbon Monoxide Detectors in Georgia Public Schools"

DATE: 3/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 8 Minutes

SOURCE: Saralyn Stafford, Georgia Department of Community Affairs

CONTENT: Stafford explained that state officials stopped short of recommending that all Georgia schools be required to install carbon monoxide detectors, opting instead to release guidelines urging schools to review facilities and mitigate risks. A task force was formed in January at the request of Gov. Nathan Deal after 44 children and 10 adults at Atlanta's Finch Elementary school were sickened in a carbon monoxide leak. The group found requiring detectors in schools might not always be the best solution since many newer ones have electric heating and limited risk. The group is urging schools to evaluate potential risks and develop a plan of action if needed, including replacing equipment or installing a carbon monoxide detection system.

SEGMENT: "How to Tell If the Tree in Your Yard is About to Fall"

DATE: 3/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 18 Minutes

SOURCE: Peter Jenkins, president, Georgia Arborist Association

CONTENT: Metro Atlanta has experienced a bevy of dangerous falling trees due to a very wet winter plus windy weather. They've damaged homes, blocked roads and taken lives. Jenkins offered advice on how to spot if the tree near your house is about to fall. Warning signs include defects in the trunk, mushrooms in the root area, high nesting holes, 'wishbone weakness' bumps, woodpecker holes and extreme leaning to the east (since most winds come from the west). Jenkins said oak trees - which can weigh up to 30 tons - are most prone to fall, even though they look healthy above the trunk. He gave advice on determining whether to get an arborist's opinion versus a tree service that's out to get the most business it can.

SEGMENT: "Stay Awake Behind the Wheel"

DATE: 3/30/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 3 Minutes

SOURCE: Dr. Daniel Chapman, researcher, CDC's National Center for Chronic Disease Prevention and Health Promotion

CONTENT: Driving while drunk results in thousands of injuries and deaths each year, but operating a motor vehicle without adequate sleep can be just as dangerous. In this podcast, Dr. Daniel Chapman discusses the dangers of driving while drowsy.

SENIOR CITIZENS

SEGMENT: "Tapping the Knowledge Resource of Senior Citizens"

DATE: 1/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Karl Pillemer, PhD, Professor in the Department of Human Development and Professor of Gerontology in Medicine at the Weill Cornell Medical College, author of *30 Lessons On Living: Tried and True Advice from the Wisest Americans*

CONTENT: Dr. Pillemer interviewed more than 1,000 Americans over the age of 65 to seek their counsel on all of life's big issues: children, marriage, money, career and aging. He explained why younger people should take advantage of this rich resource of older Americans' wisdom. He recommends that young people talk to older members of their own family before it is too late.

SEGMENT: "Is it Time to Downsize Your Life?"

DATE: 3/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Ciji Ware, author of *Rightsizing Your Life*

CONTENT: Many Baby Boomers are beginning to think about the future and how many material possessions they really need. Ms. Ware believes that more isn't always better. She offered ideas on how to make wise decisions in downsizing, in particular through recycling and donating unneeded items.

MENTAL HEALTH & SUBSTANCE ABUSE

SEGMENT: "Transitioning the PTSD Soldier Back Into the Home"

DATE: 3/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Brian Fleming, combat veteran, co-author of *Redeployed: How Combat Veterans Can Fight the Battle Within and Win the War at Home*

CONTENT: Fleming discussed Post Traumatic Stress Disorder and other difficulties faces by combat veterans and their families. He noted that the suicide rate among veterans under the age of 30 has risen by 44% in the past several years. He said no one prepares veterans to successfully make the transition back home. He offered strategies for both vets and their families who are struggling with a return to civilian life.

SEGMENT: "Why Childhood Depression is Growing in America"

DATE: 3/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 11 Minutes

SOURCE: Dr. Deborah Serani, Psy.D., licensed psychologist, co-author of *Depression and Your Child: A Guide for Parents and Caregivers*

CONTENT: Childhood depression is on the rise in America. Dr. Serani discussed the major challenges faced by families of children with mental illness. She talked about the most common symptoms that indicate clinical depression or suicidal thoughts in children. She also outlined the most effective treatments.

HEALTH ISSUES

SEGMENT: "Microwaving Doesn't Always Kill Bacteria"

DATE: 1/12/2014 on *InfoStar* (6:30 a.m.-7 a.m.)
1/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 3 Minutes

SOURCE: Leslie Hausman, CDC Researcher

CONTENT: Nuking doesn't necessarily make food safe to eat. Microwaving is like other forms of cooking – if the internal food temperature is not hot enough for long enough, bacteria that can cause foodborne illness don't die. Hausman talked about foods with at least some raw ingredients – which are different than foods that were fully cooked when you bought them and urged consumers to follow cooking labels.

SEGMENT: "The New Risks of Youth Cheerleading"

DATE: 1/19/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Brenda Shields, research coordinator, Center for Injury Research and Policy, Columbus Children's Hospital in Ohio

CONTENT: Shields discussed a recent study into the increasing dangers for young people involved in cheerleading. Her research found that emergency room visits are becoming much more common as cheerleading routines have added complex gymnastic moves. She outlined the questions that parents should ask, to be sure coaches are properly qualified.

SEGMENT: "Ads for Alcohol Can Affect Kids' Drinking"

DATE: 1/19/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: David Jernigan of the Johns Hopkins Bloomberg School of Public Health

CONTENT: Researchers say kids are more likely to drink if they see more ads for alcohol. And a study indicates many alcohol ads are on TV programs kids watch. Jernigan checked local ratings in 25 major markets for 40 programs most popular with kids. He focused on the alcohol industry's voluntary standard of running no ads if more than 30 percent of the audience was likely to be under 21. He found that nearly 1 in 4 of those ads aired to underage audiences exceeded the alcohol industry's voluntary maximum for such viewers.

SEGMENT: "How Chronic Stress Takes a Toll on Lives"

DATE: 1/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 23 Minutes

SOURCE: Dr. Kathleen Hall, Director, The Stress Institute of Atlanta

CONTENT: Dr. Hall reviews the leading causes of chronic stress and cites studies on how it impacts our health from the heart to the brain and often leads to diseases and even death. She outlined the family, work and financial pressures that come into play. Dr. Hall also offered concrete strategies on how to recognize the stress and deal with it. And she had advice on how to seek professional help if the problem has consumed your life.

SEGMENT: "The Foods Responsible for Saturating Our Diets with Sodium"

DATE: 1/26/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. John Hayes, Assistant Professor of Food Science and Director of the Sensory Evaluation Center at Penn State University

CONTENT: Nine out of 10 Americans get too much sodium in their diets. Dr. Hayes discussed a recent government report that found that just 10 foods are responsible for 44 percent of the sodium in the average diet. He outlined steps to cut sodium intake and the reasons why everyone should do it.

SEGMENT: "How Obesity Impacts Health Care Costs"

DATE: 1/26/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Truls Ostbye, Researcher, Duke University

CONTENT: Researchers say being overweight can carry a heavy cost in health care expenses. Ostbye saw that in data on insurance claims for 17,000 Duke employees who had annual health appraisals from 2001 to 2011. Ostbye compared bills and employees' BMIs – a ratio of weight to height. He says costs rose gradually from the low healthy BMI level to the obese, but the difference across the range was striking, approximately a doubling of the costs when you went from the low recommended to fairly severely obese. Obese people had costs averaging almost \$4,900 a year.

SEGMENT: "Sleep Disorders in Georgia"

DATE: 2/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 6 Minutes

SOURCES: Dr. Michael Decker, principal investigator of CDC's chronic fatigue syndrome Translational Research Program.

CONTENT: Dr. Decker talked about a new CDC study of metropolitan, urban and rural Georgia populations found that many people have problems staying awake during the day. The study also reported that a lot of people have trouble falling asleep and staying asleep through the night, and that they may wake up feeling fatigued. These complaints may signal a treatable sleep disorder or simply reflect not getting enough sleep. Either can cause serious health problems.

SEGMENT: "Marijuana, Memory and Teens' Brains"

DATE: 2/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Matthew Smith, Northwestern University Feinberg School of Medicine

CONTENT: A study indicates teens who are heavy marijuana users grow into young adulthood with abnormal brain structures and memory problems. Smith looked at data on people who used marijuana daily for about three years, starting at age 16 or 17, but who were marijuana-free for about two years at the time of the study. They did worse on memory tests than people who had not used marijuana. Smith also found abnormalities in parts of the brain that process information in the moment and transfer it to long-term memory. The younger the participants were when they started using marijuana on a daily basis, the more abnormal their brain looked."

SEGMENT: "The Dangerous Legacy of Smoking Marijuana"

DATE: 2/2/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Yasmin Hurd, Professor of Psychiatry and Neuroscience at the Icahn School of Medicine at Mount Sinai Hospital in New York

CONTENT: Dr. Hurd's research found that teenagers who smoke marijuana may make their future offspring more vulnerable to substance abuse problems. She believes that marijuana use causes structural changes in DNA that may last for generations. Dr. Hurd said much more research into the health effects of marijuana is needed. She also explained how parents can deal with the mixed messages society is conveying to young people about marijuana.

SEGMENT: "The Benefits of Eating Family-Style"

DATE: 2/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Brent McBride, Researcher, University of Illinois

CONTENT: Eating past when you're full is one way to pile on weight, and researchers say it can start in childhood – but doesn't have to. McBride saw this in Head Start programs where children learn how to help themselves from food on the table rather than being given pre-plated food and being encouraged to clean their plates. McBride was looking at whether Head Start teachers encouraged kids to not overeat – and he says mostly they did. He said that if you want to start thinking about helping children to self-regulate calorie intake, think about focusing on internal cues – eat when you're hungry, stop when your body tells you you're full.

SEGMENT: "Trying to Find a Cure for ALS"

DATE: 2/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 13 Minutes

SOURCE: Liza Nordmark, Corporate Partnership Manager, Sarah Embro, Executive Director, the Georgia Chapter of the ALS Association

CONTENT: ALS - also known as amyotrophic lateral sclerosis or 'Lou Gehrig's Disease' - is a debilitating motor neuron disease which can be characterized by rapidly progressive weakness, muscle atrophy or spasticity and difficulty speaking, swallowing or breathing. Embro says there is no cure nor treatment and often hard to diagnose because the early symptoms mimic so many other diseases and disorders. Nordmark says ALS knows no boundaries and is rarely hereditary. Embro pointed out there are no risk factors, but athletes and members of military seem to suffer more cases. Lifespans after diagnosis normally go no longer five years. Drug research projects are ongoing, but it's difficult to test them given the short lifespans. Embro said every 90 minutes, someone is diagnosed with ALS and every 90 minutes, someone dies from ALS. Both talked eagerly about the research at Emory University Hospital about the treatment of the disease in Atlanta.

SEGMENT: "How Smartphones Harm Our Sleep and Productivity"

DATE: 2/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 7 Minutes

SOURCE: Dr. Russell E. Johnson, Assistant Professor of Management in the Eli Broad College of Business at Michigan State University.

CONTENT: Dr. Johnson's research has found that people who check their work emails on smartphones at night could end up hurting their ability to work the following day. He found that smartphones appeared to have a greater effect on people's energy levels and sleeping abilities in comparison to other electronic screens. He offered several suggestions on how to control smartphone use at night.

SEGMENT: "Never Underestimate the Importance of Sleep"

DATE: 2/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Michael Twery, National Institutes of Health

CONTENT: You may not realize it, but sleep is just as important for your well-being as food and water. Dr. Twery said that sleep is important because of how it organizes our lives and our health. Our biology is organized around sleep and wakefulness, and our bodily functions, our heart, our blood pressure, our hormones, which our health depends, is organized around different times of day. He added a key part of healthy sleep is going to sleep at a regular time every day.

SEGMENT: "How to Tell Now If Your Heart Will Pose a Problem"

DATES: 2/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 14 Minutes

SOURCE: Dr. Jeff Marshall, Northeast Georgia Heart Center, Medical Director of Cardiac Cath Labs at Northeast Georgia Medical Center

CONTENT: Dr. Marshall pointed out that heart disease is the number one killer of Americans - for both men and women - and for 50%, the first symptom is death. He said EKGs usually don't show some of the more complex heart problems. Dr. Marshall revealed that men have more of the classic symptoms, such as heaviest in the chest. But women can get light-headed or dizziness, or can just feel tired. Congenital heart disease is present in about 1% of the U.S. population but can be detected with the proper tests. For those with a family history of heart disease, Dr. Marshall urged parents to get their teenager's cholesterol tested.

SEGMENT: "Healthy Use of Contact Lenses"

DATE: 3/2/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Dr. Jennifer Cope, Centers for Disease Control and Prevention

CONTENT: Contact lenses can help people see better, but using them incorrectly or not taking good care of them can lead to painful - and potentially blinding - infections. Dr. Cope advised to wash and dry your hands well before inserting or removing your contacts. Don't sleep in your contacts unless they are specifically prescribed for overnight wear. And keep water away from your contacts at all times. This includes the shower, as well as the swimming pool or hot tub. She said rub and rinse contact lenses and lens cases with disinfecting solution daily, store lenses overnight only in fresh solution and replace lens cases every three months. She also reminds contact lens wearers to get an eye exam every year.

SEGMENT: "Avoiding Childhood Obesity"

DATE: 3/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 4 Minutes

SOURCE: Dr. Jackson Sekhobo, epidemiologist, New York State Department of Health

CONTENT: Maintaining a healthy weight in childhood can prevent many health-related problems later in life. Dr. Sekhobo discussed the importance of avoiding obesity in childhood and the best ways parents can monitor the situation.

SEGMENT: "The Other Risk Factors of Heart Disease"

DATE: 3/9/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Dr. Bradley F. Bale, Medical Director of the Heart Health Program for Grace Clinic, Lubbock, TX, author of *Beat the Heart Attack Gene: The Revolutionary Plan to Prevent Heart Disease, Stroke, and Diabetes*

CONTENT: Heart disease affects 81 million Americans and is the culprit in one of every two deaths in the United States. Dr. Bale said most people think that they are not at risk of a heart attack if they control their cholesterol and blood pressure, but they aren't aware of other major risk factors. He outlined some relatively inexpensive lab tests that can uncover arterial inflammation and its underlying causes. He also talked about the importance of simple changes in lifestyle that can dramatically cut the risk of heart attack and stroke.

SEGMENT: "Making Nutrition Facts on Food Packages More Understandable"

DATE: 3/9/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: FDA Commissioner Dr. Margaret Hamburg

CONTENT: How many calories are in that stuff? Nutrition Facts labels on processed foods and beverages can tell you. But right now, the calories listed may be for one serving while the package may have more than one serving. When people eat the whole package, they may get more calories than they thought. So the Food and Drug Administration plans to make the information easier to figure out – for instance, by having the label list the total calories in the package. The proposed label would update serving sizes for some foods to better align with how much people really eat, and it would feature a fresh design to highlight key parts of the label, such as calories. Other changes would highlight added sugar and some nutrients.

SEGMENT: “Early Pollen Season”

DATE: 3/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 11 Minutes

SOURCE: Dr. Kevin Schaffer, Atlanta Allergy & Asthma Clinic

CONTENT: Atlanta's unseasonably warm winter weather led to an early pollen season that aggravated allergy and asthma sufferers to head for their doctor and drug store. Even though a cold snaps brought a hold, Dr. Schaffer warns that allergic people have already been 'primed' and face an even worse symptoms when the pollen season peaks in late March and throughout April. He ran down the treatment options available - from over-the-counter medications to prescription drugs.

SEGMENT: “The Need for Assistance Dogs”

DATE: 3/16/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 9 Minutes

SOURCE: Heidi Van Antwerp, Canines Companions for Independence, Atlanta Chapter

CONTENT: Founded in 1975, Canine Companions for Independence is a non-profit organization that enhances the lives of people with disabilities by providing highly trained assistance dogs and ongoing support to ensure quality partnerships. The result is a life full of increased independence and loving companionship. Antwerp said that trained puppies are placed with volunteer puppy raisers in Metro Atlanta for socialization and obedience training. Between the ages of fifteen and eighteen months, the puppies return to one of five Canine Companions Regional Training for six months of training. The organization trains four types of assistance dogs to master over 40 specialized commands: Service Dogs, Skilled Companions, Hearing Dogs and Facility Dogs. After completing training, the dogs are teamed with a graduate during an intensive two week training period.

SEGMENT: “Time to Get Kids Moving”

DATE: 3/16/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Russell Pate, PhD, Professor of Exercise Science at the University of South Carolina

CONTENT: A third of U.S. adolescents are unfit, according to Dr. Pate's National Health and Nutrition Examination Survey, and he believes that it's time to get them moving. He said that kids who are unfit are likely to become unfit adults, with greater risks of developing diabetes, high cholesterol, high blood pressure and other illnesses. Dr. Pate offered simple ideas for parents on how to increase their kids' level of exercise.

SEGMENT: "Why Metro Atlanta is a Hotbed for Kidney Disease"

DATE: 3/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 10 Minutes

SOURCE: LeVarne Burton, President & CEO, American Kidney Fund

CONTENT: Burton says kidney disease is the 9th leading cause of death in the U.S. About 117,000 are diagnosed each year with Metro Atlanta surpassing the national average. Burton said the reasons behind the high numbers are diabetes and high blood pressure, which is common in the South where the diet can be more fatty and salty. But she pointed out the good thing is kidney disease is highly preventable. Other risk factors include age and ethnicity. Diagnosis is as easy as a simple urine and blood tests. Most people with kidney disease don't realize they have it, which is why Burton says practicing good prevention is the best offense.

SEGMENT: "Why Vitamin D is Important to Young Bodies"

DATE: 3/23/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 5 Minutes

SOURCE: Dr. Kendrin Sonneville, Research Scientist, Clinical Nutrition Specialist at Children's Hospital, Boston

CONTENT: Dr. Sonneville conducted a study that found that teenage girl athletes with the highest levels of vitamin D in their diets were half as likely to suffer a stress fracture. She said vitamin D deficiencies in teen girls are common. She explained which activities are mostly associated with stress fractures and recommended ways to get enough vitamin D.

SEGMENT: "Young People Are Not Getting the Message About Indoor Tanning"

DATE: 3/23/2014 on *InfoStar* (6:30 a.m.-7 a.m.)

DURATION: 1 Minute

SOURCE: Eleni Linos, Researcher, University of California

CONTENT: Skin doctors and researchers say indoor tanning raises the risk of skin cancer, but a lot of people still do it. Linos found evidence of that in data on close to 407,000 people in the United States, Europe and Australia. She said almost 36 percent of adults had done indoor tanning at least once, and university students were the most common users – 55 percent. She says U.S. tanning rates are similar to those overall rates. Linos estimated that almost half a million skin cancers each year are due to indoor tanning – and it's important to note that these are potentially preventable skin cancers."

SEGMENT: "Better Management of Chronic Pain"

DATE: 3/30/2014 on *InfoTrak* (6 a.m.-6:30 a.m.)

DURATION: 9 Minutes

SOURCE: Judy Foreman, nationally syndicated health columnist, author of *A Nation in Pain: Healing Our Biggest Health Problem*

CONTENT: According to government statistics, 100 million American adults live in chronic pain. Ms. Foreman discussed the connection between chronic pain and prescription drug addiction. She said exercise is one of the most effective ways to deal with chronic pain.

INVOICE



INVOICE # 705
INVOICE DATE: 1/10/2014
CONTRACT # STEVE

Lincoln Financial WSTR-FM
210 Interstate N Circle
Suite 100

DAY	TIME	LENGTH	PRODUCT	ISCI	RATE
1	Sunday January 5,2014	6:00 AM	28:58:00 PUBLIC AFFAIRS	INFO TRAK	
2	Sunday January 5,2014	6:30AM	29:55:00 PUBLIC AFFAIRS	INFO STAR HD	
3	Sunday January 12,2014	6:00AM	29:40:00 PUBLIC AFFAIRS	INFO TRAK	
4	Sunday January 12,2014	6:30AM	29:10:00 PUBLIC AFFAIRS	INFO STAR HD	
5	Sunday January 19,2014	6:00AM	29:45:00 PUBLIC AFFAIRS	INFO TRAK	
6	Sunday January 19,2014	6:30AM	29:53:00 PUBLIC AFFAIRS	INFO STAR HD	
7	Sunday January 26,2014	6:00AM	29:44:00 PUBLIC AFFAIRS	INFO TRAK	
8	Sunday January 26,2014	6:30AM	29:51:00 PUBLIC AFFAIRS	INFO STAR HD	
9	Sunday February 2,2014	6:00AM	29:52:00 PUBLIC AFFAIRS	INFO TRAK	
10	Sunday February 2,2014	6:30AM	29:42:00 PUBLIC AFFAIRS	INFO STAR HD	
11	Sunday February 9,2014	6:00AM	29:52:00 PUBLIC AFFAIRS	INFO TRAK	
12	Sunday February 9,2014	6:30AM	29:39:00 PUBLIC AFFAIRS	INFO STAR HD	
13	Sunday February 16,2014	6:00AM	29:50:00 PUBLIC AFFAIRS	INFO TRAK	
14	Sunday February 16,2014	6:30AM	29:44:00 PUBLIC AFFAIRS	INFO STAR HD	
15	Sunday February 23,2014	6:00AM	29:48:00 PUBLIC AFFAIRS	INFO TRAK	
16	Sunday February 23,2014	6:30AM	29:50:00 PUBLIC AFFAIRS	INFO STAR HD	
17	Sunday March 2,2014	6:00AM	29:54:00 PUBLIC AFFAIRS	INFO TRAK	
18	Sunday March 2,2014	6:30AM	29:50:00 PUBLIC AFFAIRS	INFO STAR HD	
19	Sunday March 9,2014	6:00AM	29:55:00 PUBLIC AFFAIRS	INFO TRAK	
20	Sunday March 9,2014	6:30AM	29:44:00 PUBLIC AFFAIRS	INFO STAR HD	
21	Sunday March 16,2014	6:00AM	29:52:00 PUBLIC AFFAIRS	INFO TRAK	
22	Sunday March 16,2014	6:30AM	29:53:00 PUBLIC AFFAIRS	INFO STAR HD	
23	Sunday March 23,2014	6:00AM	29:48:00 PUBLIC AFFAIRS	INFO TRAK	
24	Sunday March 23,2014	6:30 AM	29:48:00 PUBLIC AFFAIRS	INFO STAR HD	
25	Sunday March 30,2014	6:00AM	29:33:00 PUBLIC AFFAIRS	INFO TRAK	
26	Sunday March 30,2014	6:30AM	29:32:00 PUBLIC AFFAIRS	INFO STAR HD	
27					
28					

Remit to: WSTR-HD3
1570 Northside Drive
Atlanta,GA 30318

Signed BY _____